



# 10 Steps to Better Health

It's your body. Feed it. Water it. Move it.

California's First Lady, Maria Shriver

## FOR KIDS



Start your day with breakfast

Drink lots of water

Eat 5 or more fruits and vegetables every day



Make your snacks healthy

Don't overeat – beware of portion distortion

If you drink milk, make it low-fat or non-fat

Get active for an hour every day – do what moves you: walk, swim, bike, dance

Spend less time on your computer, watching TV or playing video games

Treat your body right – it lasts a lifetime

Volunteer – it gets you moving and feels great



Created by First Lady Maria Shriver and Francine Kaufman MD.

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